

MCCABE PARK COMMUNITY CENTER ACTIVITY SCHEDULE 2013

CONTACT US AT 862-8457 Facility Coordinator: Misty Adfield Starts JANUARY 2ND

CLASSES	DAYS	TIMES	INSTRUCTOR	LOCATION	INTENSITY/LEVEL
BOOT CAMP	MONDAY	6AM	SHAUNA	GYM	HIGH
	MONDAY	9AM	KATHY	GYM	HIGH
	TUESDAY	7PM	ALLEN	GYM	HIGH
	WEDNESDAY	6AM	SHAUNA	GYM	HIGH
	WEDNESDAY	9AM	ALLEN	GYM	HIGH
	THURSDAY	7PM	ALLEN	GYM	HIGH
	FRIDAY	6AM	SHAUNA	GYM	HIGH
	FRIDAY	9AM	ALLEN	GYM	HIGH
ZUMBA	MONDAY	8:15AM	LEX	DANCE ROOM	ALL LEVELS
	TUESDAY	5:30PM	SHAMEKA	GYM	ALL LEVELS
	THURSDAY	6AM	JANET	GYM	HIGH
	FRIDAY	8:15AM	LEX	DANCE ROOM	ALL LEVELS
	SATURDAY	9:30AM	JANET	GYM	HIGH
PILOGA	MONDAY	10AM	KATHY	DANCE ROOM	HIGH
VINYASA YOGA	MONDAY	6:30PM	BARBARA	DANCE ROOM	INTERMEDIATE/ADVANCED
	FRIDAY	11AM	BARBARA	DANCE ROOM	INTERMEDIATE/ADVANCED
FLOW YOGA	THURSDAY	6AM	BARBARA	DANCE ROOM	INTERMEDIATE/ADVANCED
FAMILY YOGA	FRIDAY	10AM	BARBARA	GYM	ALL LEVELS
YOGA	TUESDAY	11AM	ROBIN	DANCE ROOM	GENTLE
	WEDNESDAY	11:30AM	SUSAN	DANCE ROOM	ALL LEVELS
	WEDNESDAY	6:30PM	BARBARA	DANCE ROOM	GENTLE
	THURSDAY	11AM	ROBIN	DANCE ROOM	GENTLE
	THURSDAY	6:15PM	ROBIN	DANCE ROOM	GENTLE
	SATURDAY	8AM	SUSAN	DANCE ROOM	ALL LEVELS
SENIOR STRENGTH & STRETCH	TUESDAY/THURSDAY	10AM	ANTHONY	DANCE ROOM	LOW
	FRIDAY	10AM	ANTHONY	DANCE ROOM	LOW
BALLET BARRE	WEDNESDAY	12:30PM	SUSAN	DANCE ROOM	INTERMEDIATE
	SATURDAY	9AM	SUSAN	DANCE ROOM	INTERMEDIATE



Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities.



For accessibility inquiries, call 862-8400.

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MCCABE PARK COMMUNITY CENTER
101 46TH AVENUE NORTH
NASHVILLE, TN 37209

HOURS OF OPERATION: FITNESS & TRACK

MONDAY – THURSDAY 6AM – 8:30PM

FRIDAY 6AM – 7:30PM

SATURDAY 8AM - NOON

Gym Hours: Adult Basketball Monday, Wednesday & Friday 12pm – 3pm. The Gym will be closed during specific classes listed, leagues, and special events. The gym is closed Monday – Friday from 3pm-8:30pm for youth activities and Jr. Grizzly Basketball.

CLOSED SATURDAY'S for Jr. Grizzly Basketball League

FACILITY RATES:

ADULT DAILY VISIT - \$3.00

SENIOR 62+ DAILY VISIT - \$1.50

MONTHLY ADULT MEMBERSHIP - \$30.00

MONTHLY SENIOR 62+ MEMBERSHIP - \$20.00

ADULT 10 VISIT CARD - \$20.00

SENIOR 62+ 10 VISIT CARD - \$10.00

FITNESS CLASS CARD - \$27.00

DROP-IN EXERCISE CLASS - \$3.00

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